



# MOVE THE MIND

EMPOWERMENT FOR MENTAL WELL-BEING THROUGH SPORT.

**LEARNING UNIT A.0 – ONLINE VERSION**

**INTRODUCTION TO THE COURSE**





Welcome to the first online learning unit of the **Move The Mind course!** Our course helps you to support the mental well-being of working-age adults by harnessing the positive impact of physical activity and sport.





In the following, we provide you with the rationale for our course and a good understanding of our course format and structure. Please note that this learning unit serves as an introduction. The facts and content provided will be deepened and explained in more detail later in the course.





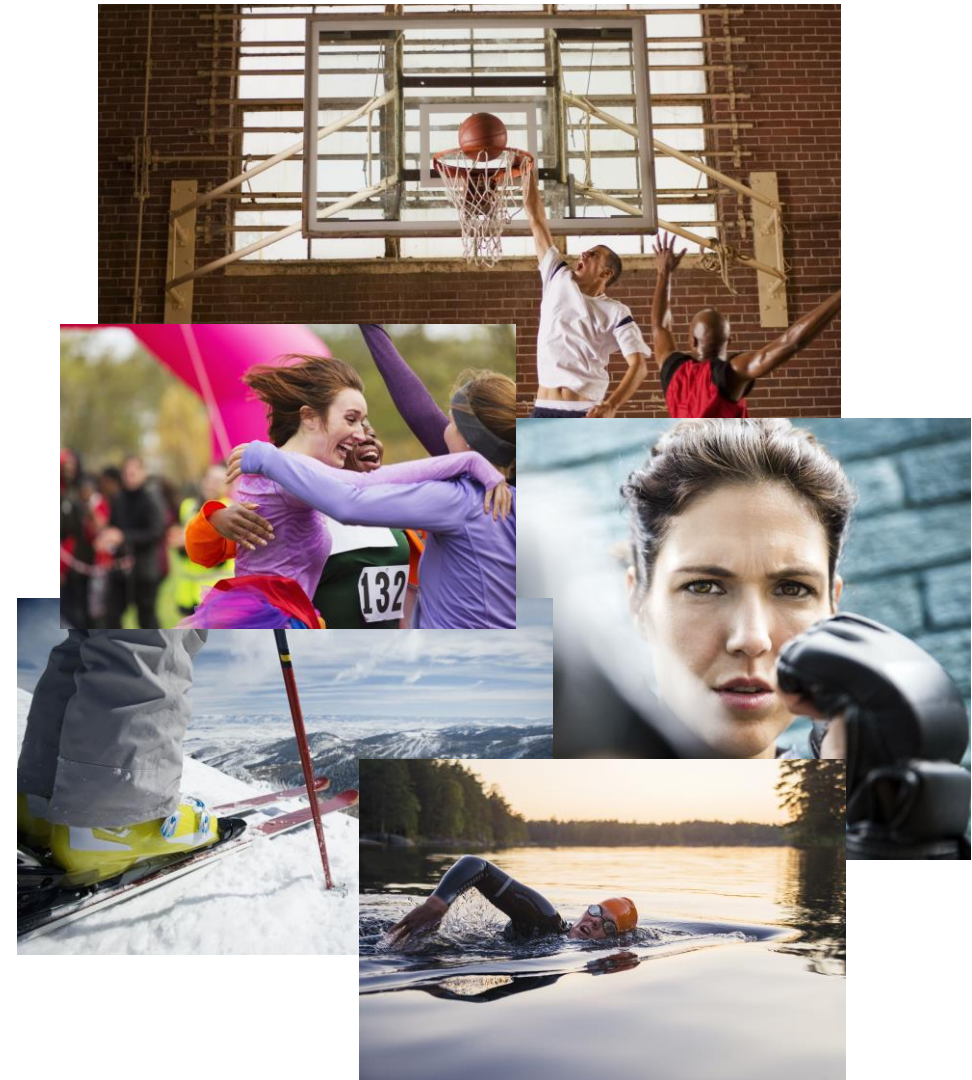
**HOW IS OUR  
COURSE STRUCTURED  
AND DELIVERED?**

Our course approach aims to help you to build the right mindset and skills towards the topic. For it, we provide you with hands-on theories and rich practices for practice. The objective is to empower you to develop your own exercises and activities that are applicable for your sport club, your sport, your sport environment, and most importantly your sport participants.



The focus of our course is at sport participation and health-oriented sports levels with working-age adults. Coaching at competitive and elite sport levels are deliberately excluded in this course.

Due to the preventive approach of our course, people with specific mental illnesses may be part of target group. However, they are not explicitly in the focus.





The format of our course delivery is hybrid. It means that you participate in both online and offline learning units. The online learning consists of self-learning units, like this one. Their main aim is to introduce knowledge. This is complemented by practical onsite training sessions. Their main aim is to deepen knowledge from the online learning units and to build practical implementation skills.





Our course is delivered in the form of a practice-oriented continuous professional development. This means that our course does not constitute an initial education, but it aims to complement your prior education as a sports coach or instructor. Yet, at the end of the course you will receive a certificate. If you seek for further recognition of your learning, please contact your respective national coach education provider.





**WHY IS OUR  
COURSE CONTENT  
IMPORTANT?**



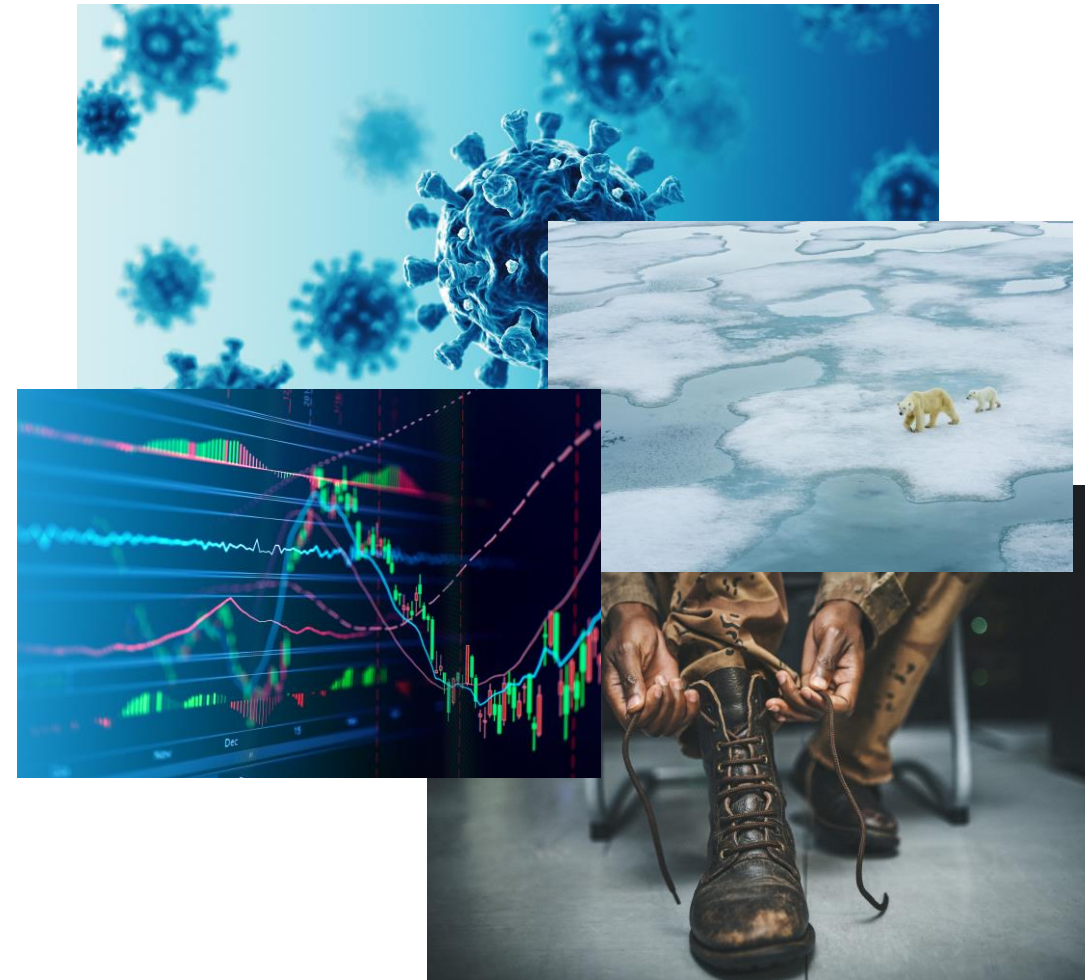
A vast amount of available data shows that large parts of the population have challenges to enjoy good mental well-being. In fact, across EU countries, mental disorders are the leading cause of disability and the third leading cause of overall disease burden after cardiovascular disease and cancer. Mental ill-health is responsible for 30% to 40% of chronic sick leave and it costs some 3% of the GDP.



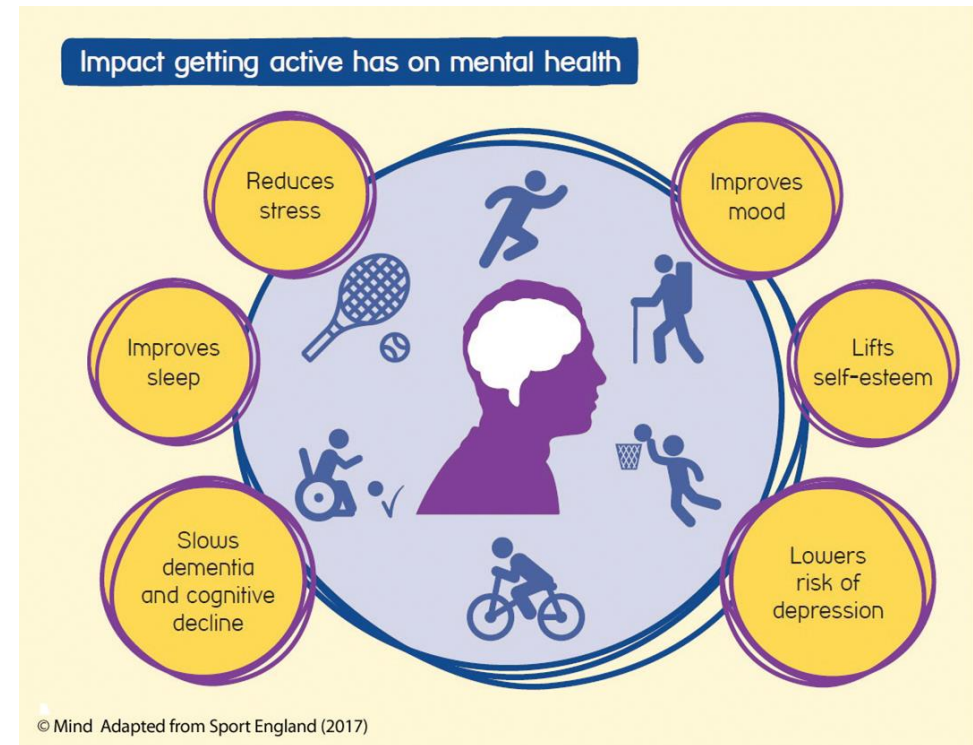
The promotion of mental health and mental well-being are fundamental to safeguarding and enhancing the quality of life, overall well-being and productivity of individuals, families, workers and communities. Thus increasing the strength and resilience of society as a whole.



The COVID-19 pandemic has exacerbated this problem and has shown to large parts of the population how vulnerable each and every one of us is in terms of both, our physical and mental health. But also, other real and perceived threats like international terror, the financial crisis, the refugee crisis, climate change, or the Ukraine war with all their still unforeseeable consequences influence our mental well-being.



With our course, we aim to empower you to use sport and physical activity for mental well-being promotion next to addressing the physical aspects of health . This means that we seek to help you to positively influence selected mental well-being determinants before a specific mental health problem is identified. Because physical activity and sport – if used appropriately – can have great positive influence to maintain and foster good mental well-being.





**HOW IS THE LEARNING  
STRUCTURED?**





Our course consists of 3 modules, of which module A & B are introduced through our online self-learning units. Whilst module C is entirely presented during our onsite learning experience.

Module A. Move The Mind Introduction – An introduction to sport and physical activity as a tool to promote mental health and well-being. It has six learning units.

Module B. Move The Mind Environment – Setting up an appropriate environment to exploit sport and physical activity as a tool to promote mental health and well-being. It has six learning units.

Module C. Move The Mind Tools – Exploiting practical tools and rich practices to implement sport and physical activity as a tool to promote mental health and well-being. It has nine learning units.







You are currently in module A. And we hope you enjoy your learning journey!





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[WWW.MOVE-THE-MIND.EU](http://WWW.MOVE-THE-MIND.EU)**